

The Martialarm Introduction To Aikido

Aikido was developed by Morihei Ueshiba with the express purpose of allowing its practitioners to defend against any attack without seriously injuring the attacker. This is in keeping with Ueshiba's religious belief in the value of all life, and the ideal that violent persons should be shown the error of their ways, not executed. Thus, Aikido is one of the softest styles ever created, based mostly on Jujitsu, but eliminating all kicks and punches. Instead, the Aikido practitioner shifts her or his body to avoid the attack and guides the attacker's body to use their own force against them. However, the belief in the value of life does not mean that the Aikido artist will not use more extreme techniques if they are necessary to insure the practitioner's safety. Throws are used, many of which will cause the attacker to land flat on their back or some other way that could hurt them badly. Also, locks are used which can potentially break the attacker's joints. One of the main benefits of Aikido is that being comprised entirely of circular techniques it can be utilised by anyone, no matter how lacking in muscular strength. Aikido is developed from Zen philosophy which can be seen in its use of meditation and the concept of flow and the unbroken circle which are expressed in all of its techniques. Similar Styles: Aiki-Jujitsu (also Aikijistu) - The style of Jujitsu that Morihei Ueshiba studied and adapted to create Aikido. "the way of spiritual harmony" or "the way of co-ordinated power";

Aikido training can be done in any city in the world and I encourage you to visit our martial arts directory of aikido to find a school near you!

About the Author

Visit the martialarm website <http://www.martialarm.com/martialarts/aikido.html>

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